

Abstract

The present invention relates to gun rests which are portable, lightweight and easily adjustable. The gun rests of the present invention comprise a plate wherein an opening is formed in a first end section of the plate and the plate is bent at an intermediate section such that an angle is formed between the plane formed by the first end section and the plane formed by a second end section. The opening is adapted and configured such that a shaft such as, for example, walking/wading sticks, staffs, canes and tree limbs can be inserted through the opening and the height of the gun rest above a surface can be quickly and easily adjusted. The gun rest is adapted and configured such that the forearm of a firearm may be placed on the intermediate section of the plate thereby improving the accuracy of a sportsman firing the firearm.

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